

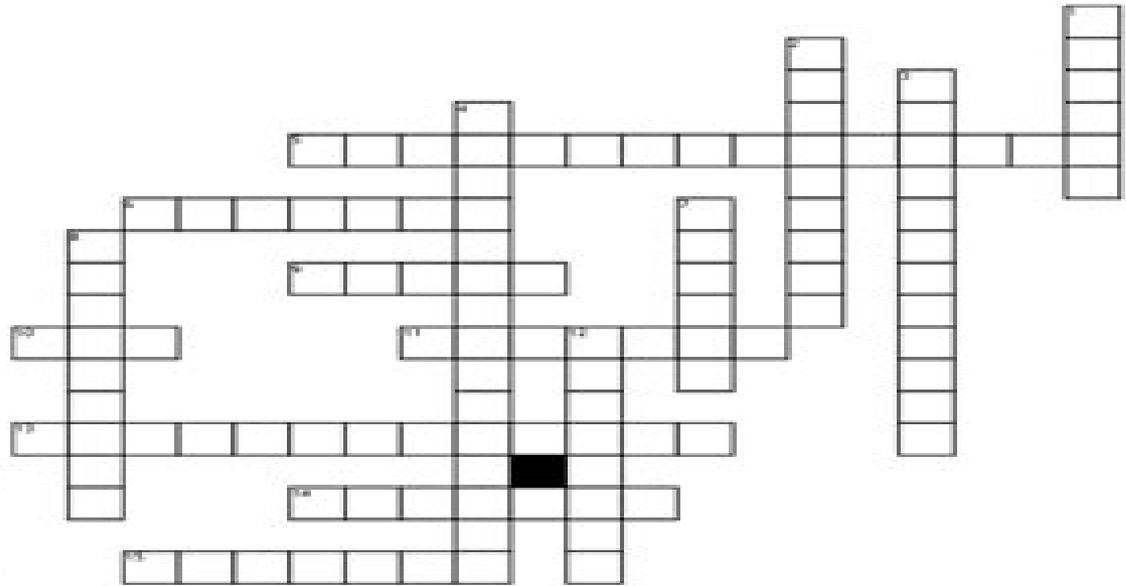
Nutrition Crossword Puzzle

Across

5. One type of unsaturated fat: m_____.
6. Try different vegetables, because our bodies like _____.
9. One of the most harmful fats: t_____.
10. The body uses _____ as fuel.
11. What is a unit of energy that measures how much energy food provides to the body?
13. These are great sources of energy in fruits and vegetables.
14. Sources of this can be added to fruit and vegetable snacks to make them even more nutritious and delicious
15. Light (lite) and _____-fat foods may still be high in fat.

Down

1. _____ are nutrients in food that the body uses to build cell membranes, nerve tissue (like the brain), and hormones.
2. One of the most harmful fats: s_____.
3. Trans and saturated fats can cause what?
4. One type of unsaturated fat: p_____.



7. Unsaturated fats are _____ at room temperature.

8. To include more fruits and veggies in your diet, when would be the ideal meal to eat them during to encourage such a habit?

12. What is the requirement for a food to be labeled light (lite)? Have 50% less fat or _____ fewer calories per serving



Nutrition Crossword Answers

Padhraic Smyth



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Table of Contents Nutrition Crossword Answers

1. Understanding the eBook Nutrition Crossword Answers
 - The Rise of Digital Reading Nutrition Crossword Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Crossword Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Crossword Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Crossword Answers
 - Personalized Recommendations
 - Nutrition Crossword Answers User Reviews and Ratings
 - Nutrition Crossword Answers and Bestseller Lists
5. Accessing Nutrition Crossword Answers Free and Paid eBooks

- Nutrition Crossword Answers Public Domain eBooks
 - Nutrition Crossword Answers eBook Subscription Services
 - Nutrition Crossword Answers Budget-Friendly Options
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- Adjustable Fonts and Text Sizes of Nutrition Crossword Answers
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 - Interactive Elements Nutrition Crossword Answers
8. Staying Engaged with Nutrition Crossword Answers
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Crossword Answers
9. Balancing eBooks and Physical Books Nutrition Crossword Answers
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Crossword Answers
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Crossword Answers
- Setting Reading Goals Nutrition Crossword Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Crossword Answers
- Fact-Checking eBook Content of Nutrition Crossword Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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